

## Ara Grigorian Hears A Story's Heartbeat

Isnternational award-winning author Ara Grigorian will present "Story Beats-Your Story's Heart Beat" at our May 4 meeting, at 1 pm , in the Saban Community Room.

Grigorian is best known for his best-selling "second chance" romance novels "Game of Love" (winner of Outstanding Romance, 2016, IAN Book of the Year Awards and Readers' Favorite, 2015, International Book Award, Gold, sports category) and "Ten Year Dance."

Grigorian will play clips from movies such as "Hunger Games," "Notting Hill," and "Silver Linings Playbook" to demonstrate how concepts, when shown in vivid detail, can provide a powerful example that writers can apply to their own works in progress.
"The big take-away from my presentation is that all stories have patterns," Grigorian explained. "We can learn what drives the heart of a story by studying story beats. And when you understand the concept, it is immediately actionable. You can develop story arc elegantly or revise a story that has been sputtering.
"As a story coach, when I work with a writer on their manuscript, my goal is to help them produce the best work possible," he said. "Specifically, I'm looking for story and how to make the story be true to the concept. I focus

on the elements of the story, the arc, the character, the motivations, the story beats, the gaps and the payoffs."

Grigorian has led workshops at various conferences including the Southern California Writers' Conference, Writer's Digest Novel Writing Conference, Santa Barbara Writers Conference, and the highly popular Novel Intensive which he co-leads with bestselling novelist Janis Thomas. He has also written for a children's television pilot.
"Every great novel has one thing in common - a great story," Grigorian continued. "But what is a story? Story is not just plot and it's not just characters. Instead, it's how that specific plot transforms that specific protagonist.
"Here's the good news: anyone can become a better storyteller. The best way to learn is to decompose and analyze your favorite work like a surgeon until you see inherent patterns that make all stories flow. These internal patterns are story beats. They are in fact the heartbeat of a story."

Before Grigorian's presentation, author Rita Keeley-Brown ("Good Luck Mrs. Brown") will offer 20-minute workshop entitled "Just Write."
-Gary Wosk


## President's Report: Emphasis on Persistence

May is a beautiful month. April showers bring May flowers, is what we were taught in grade school. (Here in SoCal, the flowers arrive in April. We like being ahead of the crowd.) It's also when farmers need to be planting the fall crops. Where would we be without farmers ... hungry !! Farming is diligent, backbreaking work that can be suddenly destroyed by one bad storm, like parts of our state has experienced in the winter months. Persistence is part of any farmer's skill sets.

When one thinks of historical figures, persistence is a very important quality. Golda Meir, for example. She was born in May, 1898 in Russia, and as an adult moved to the U.S. and became a Zionist. She then moved to Israel to fulfill her dreams and ended up being one of the founders of the modern state of Israel. Golda reached her goals through hard work and persistence.

On May 6, 1971 Alan Sheppard became the first American in space. This was a few months after the Russians sent up Yuri Gagarin, the first man in space. Years of planning hard work by both Russian and American sci-
entists, -and persistence-sent two men into space.

To me, a remarkable and poignant example of persistence, a quiet persistence, occurred on May 10, 1994 when Nelson Mandela was elected President of South Africa after being in jail for twenty-seven years. A modern day saint, he forgave his captors for the years of abuse he endured in prison and included white South Africans in his government. He rose above hatred and resentment and persisted in adhering to his ideals of remaining positive and denying evil any space. Not a simple task.

I've found that writing takes a great deal of persistence. For me, a poet, my poem has to be perfect. Using relatively few words, I try to describe an emotional life event or relationship that conveys meaning to my readers. Sometimes I want to write a humorous poem, using relatively few words to make someone smile, or even laugh. Take it from me, it takes hard work and persistence to write a poem.

Here's what I've learned while a member of our CWC -SFV club: persistence works. Editing out unnecessary words, adding humor or making the scene more dramatic ... editing is a necessity. All that work makes for a better story. And that's what we want-a good story.

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## Ester Shifren Makes Her Points

Books don't sell themselves. In past generations, an author's agent or publisher would often direct the marketing of their author's books. Times have changed. Most of our club's authors are self-published and must market their own book. No one else is going to do it.

But what if an author is not fond of public speaking and has no experience in marketing or trying to win over a large group of listeners? How does a shy public speaker effectively persuade a roomful of strangers to take a look-and BUY, gulp-their book?
Our April speaker, longtime SFV member Ester Shifren, gave our audience a well-outlined power point presentation that succinctly summarized her own book marketing presentations.

Speaking smoothly to an audience is second nature to this author. Since her very early years, Shifren has sung, danced, played the piano, and expertly handled every kind of public appearance. At our April gathering in the Saban Community Room, she gave her best professional marketing advice to an interested group of listeners.
Her speech was organized but not dull, not in the least. When Shifren was in front of her SFV audience, she adopted a cheerful friendly tone. She moved away from a podium, made eye contact with the audience, spoke clearly, smiled frequently and kept an eye on the mood and responsiveness of her listeners. She, the speaker, was clearly engaged with her audience.
She initially told us, "Your book is your gift. Praise it. Own it. Make it content rich." And she emphatically endorsed another adage, Practice makes perfect.

She said that a published writer should-at firstaccept any gig to any group to pitch his/her book. With each appearance, Shifren said, even a shy speaker will gain self-confidence and learn to handle a mic and address different types of gatherings, big or small.
For example, seniors appreciate a speaker who'll speak with volume and enunciate clearly. But other groups might have very different interests and expec-
 ing adjustments. Shifren also noted that a speaker should occasionally stop speaking, take questions, and then deftly return to the topic.
As Shifren spoke, I noted that she practiced what she preached. When she started the lecture, she ignored the lectern, took the floor with a big smile and came closer to her audience. Then she stood in the center aisle and started a power point projection in which all her talk outline was clearly visible to everyone in the room. She generally followed the outline, making a few humorous asides, and steadily built rapport with her audience. She paused occasionally and answered questions as hands arose in the audience.

When one club member asked her to help him fashion his "elevator pitch," Shifren asked him to sum up his book's plot in one short paragraph. We all listened and reacted as his summary went way past a paragraph. Shifren mercifully halted the stalling elevator pitcher and encouraged him to start again. He thought for a couple beats, started over and came up with a more concise and intriguing pitch. We all applauded as "teacher" gave him a passing grade.

Shifren's marketing intro also offered fee guide-lines-ask for nada until you're able to smoothly present your book. (A crowd pleaser bit of advice: "Don't eat spinach before you speak!")

Finally, even if your most productive sales spiel falls flat, Shifren advised, "Don't change your pitch, change your audience!" Amen, Sister Shifren.

- Kathy Highcove


# Have you read these two CWC publications? 




The second State CWC publication, The Bulletin, is an electronic newsletter that keeps all CWC members informed about branch activities, updates on achievements of the state organization, and messages from our state officers.

It's published three times a year and sent to each member via email. You should have received an issue in March.

Our San Fernando Valley branch sent an article that reported on our winter fires and weather traumas, our winter speakers, and club activities.

Did you read this 2019 spring issue? If not, you can easily find it on the State CWC website. Please give the publication a glance, and while you're there, take a gander at a few monthly newsletters from our sister clubs.
The CWC state pubs and branch newsletters are at https://calwriters.org/publications/


# Author Bonie and CWC.SFV Member Bomie Lakes 1933-2019 

Bonnie was born to Earcel and Ruth Krueger on a small farm in Illinois about 10 miles from the town of Metropolis. While growing up she did not have indoor plumbing or electricity. She worked hard doing the farm work with her father. Young Bonnie went to school in a one-room schoolhouse until she started high school. After high school, she left the farm and went to business college. She worked as a nanny during that time which provided for her room and board. After graduation, Bonnie moved to Prescott, Arizona where took a job working for the Veteran's Administration Hospital.

In 1955, Bonnie transferred to the Veteran's Administration Hospital in Santa Monica, California. Later she left the VA and went to work for a private practice neurosurgeon. In 1959, Bonnie married John Lukes. Four years later, she went back to school. She first attended L.A. Valley College and earned an Asso-

ciates Degree in English. Then she attended Cal State University Northridge, graduating Magna Cum Laude with a Bachelor of Arts degree in English. After finishing her studies, she was hired at Sperry Univac as a technical writer.

But tech writer Lukes wasn't satisfied She had a dream of becoming a writer and applied herself to learning writing skills. She eventually wrote and published nine books, along with multiple magazine articles. One article was published in Sports Illustrated. The Daily Guidepost employed her as a guest writer for many years.

Bonnie and her husband John raised their family in Panorama City, California. They had two daughters who gave them five grandchildren and five great-grandchildren. After retirement, the couple resided in Canyon Country, California where she volunteered at a local food Pantry and served on the Altar Guild at Bethlehem Lutheran Church. After a long illness, Bonnie passed away April 7, 2019, with her husband at her side.

Her collection of young adult books can be found on the Amazon Books website.
—Kelly Maynard


The years I spent in a critique group with Bonnie Lukes were memorable. I've always admired her editing skills. She caught everything that needed to be corrected or made better in the manuscripts our group shared with her, all of which she did with much kindness. I always felt she could make a career for herself as a professional editor. But her joy of writing kept her busy working on her biographies of presidents and getting them published.
-Yolanda Fintor

Bonnie was one person in my critique group of experienced writers. She had a sharp eye and was painfully honest in her comments. We were all published: Yolanda Fintor, Ruth Crisman, Kathleen Hershey, Bonnie Ferron and myself. Some of our accomplishments included: a
 cookbook, a picture book, and magazine romance story, a nonfiction newspaper-writing book and myself, the Animals With Jobs series. Her nonfiction books included: five biographies plus four additional historical-topics books.

Bonnie's biggest fear was public speaking. She said she was OK speaking if she could sit. When I asked her to do my future eulogy, I assured her they would put a chair on the altar in church for her. I guess that won't be an issue now.

> —Judy Presnall

## 

Varak Kalousian joined our branch right after his 2018 high school graduation, and soon after the publication of his second book in a sci-fi trilogy. During the summer before he left for college, Varak voluntarily attended summer Board meetings and patiently advised the Board on current trends and methods of the current social media. Varak has confided to me that he's had no time to attend our 2019 meetings. Here's his bio for those who'd like an introduction. Let's hope he'll be able to drop in again at a future meeting. Judging from the photos below, Varak has mastered many book marketing techniques endorsed by our May speaker, Ester Shifren. I wonder what his elevator speech sounds like. Out of this world?

'm the author of three science fiction books for young readers: The Solar System's Prophecies, Triangle Corruption, and Psycho Star Showdown. This series of books or trilogy, is titled The Legend of V (or TLOV for short). I've worked on these books since 2011. I'm currently a freshman in college.


While in high school, Varak started a scifi trilogy for young readers. His first two books attracted many fans and they have sought him out for autographs and photos at his booth. This year was no exception, as you can see in these photos at the 2019 LA Times Book Fair. I asked Varak how it went this year and he reported:
"It was an overall good time. I was at the Inspire Charter booth. Since I'm a high school alumni, they generously allow me to use their
 booth every year. I can't thank them enough for that. I was there on Sunday, April 14, from 12:30-5pm." Varak is a trooper!


## THIE BOY AT BOOTH MIEMORTAL

When fourteen-yearold Rene stepped off the streetcar in St. Paul, Minnesota, in 1949, he entered a situation he could never have imagined. His mother had taken a position as head nurse at the Salvation Army's Booth Memorial Home and Hospital where they would live on campus. For the next year he would be surrounded by
 sion could change his life ...again.
Inevitably, there came a time when he learned that life's decisions are not always easy ... and not without consequence. Those experiences at Booth Memorial guided Rene in his first steps toward being the responsible
ten women who had dedicated their lives to God, and fifty young girls who had not. They were all pregnant ... all unmarried.

To hide that embarrassing fact from new classmates, young Rene walked around the block before boarding a streetcar for school. To bond with neighborhood kids, he tried playing hockey even though he didn't know how to skate. In exchange for piano lessons he helped a Booth girl do her housework chores. She taught him more than how to dust.

The arrival of an attractive showgirl from the traveling company of South Pacific captured his attention and imagination and brought music and humor into his otherwise bleak surroundings.

Although his Roman Catholic religion censured it, he took an interest in the home, the women running it and in the lives of the girls residing there to hide their condition. He learned how hard it was for them to give up their babies and felt the pain when difficult births and deaths visited the home.

Finally, he had to face the reality of sharing his mother's attention and affection when she received an offer of marriage. Her deci-

# Crime in Rhyme by Ken Wilkins 

## CHILLING EFFECT

Not a popular boss was Hubert McBride He angered his workers so much that they cried.

For with a stern hand his meat plant was run Little time for laughter, no time for fun.

Now especially teed off was Molly O'Neal Who felt that Hubert had dealt her a raw deal.


In a job best suited for Molly to fill He chose a cousin causing feelings so ill.

So, on a Friday night Molly worked late A move that would help seal mean Hubert's fate.

For when McBride made his last freezer inspection Molly slammed the door to even his rejection.

On Monday morn they found him all frozen Not quite the end that he would have chosen.


All around the plant workers showed little grief That their boss wound up like a cold slab of beef.


CWC-SFV

So when was the last time you took a test? Remember the knot in your stomach? The sweaty palms and the dry mouth? Having to take my driver's test always brought these symptoms to the fore. The tremors were worse when I discovered I had to take the test on a computer.

Another test I dread is my doctor's annual physical exam capturing my cholesterol and my blood pressure numbers. What if they are too high?

I thought these were the only tests that could concern me until my two lovable and intelligent grandchildren Kaya and Colin asked for pen and paper punctuated with giggles, chuckles and downright snickers. Petite Kaya with the wavy blond/gold hair had brought her clarinet for later on. Her mischievous blond hair drummer brother had his hand fixed to his device. We had just finished a red hot game of UNO where I was close to winning until the siblings joined forces and skunked me.

Instead of the planned musical revue, the siblings donned great big smiles.

Pumped with adrenaline, Kaya announced, "We're going to test you on IT."
"Don't look at me that way, Colin. I do know what IT stands for."

Then the siblings sat on the couch, put their heads together and started framing the questions. Kaya said they needed some true and false questions as well as multiple choice and open ended.
"Should we make it difficult?" asked Colin.
"Yes, but not too hard," replied his partner in crime. "Remember, this is Grandma were
dealing with. Besides we want to make banana muffins tomorrow."
"Are you ready?" Kaya challenged. Out of the corner of my eye I noticed Colin was already recording the session.

Taking a deep breath I reached for the test. Hmmm, an easy question. Colin taught me how to find my flashlight when I first got my phone.

Anxiety crept in as I read number 5. (Where were the easy questions?)

Kaya was acting the strict teacher in reminding me that I couldn't talk during the test.

Finally the ordeal was over. I handed Kaya my paper. She asked for my red pen. Retired teachers always have red pens. Colin's fingers practically flew over his phone's calculator. I had $13 / 25$ or fifty-two percent. Some questions were l point; other $1 / 2$. While not on the test, I got partial extra credit for this answer. "How do you get an app?"
"I go to Best Buy and have a nice man install it for me."

To say I was impressed with the professionalism of Kaya and Colin is an understatement.

Kaya's "Needs Improvement" the red ink on the top of test scolded me but it offered a bit of hope. Fifty-two per cent! I haven't had a score like that since I tangled with word problems in eighth grade math class. "If train A is going fifty miles an hour and Train $B$ is going at the same rate in the opposite direction, when will the two met?"

Now that my red face has returned to its natural color, I challenge you to take the Grandma Technology Test.

## Grandmảs Tech Test



Here's the same test that Sheila Moss' s grandchildren, Kaya and Colin, dreamed up to ascertain Grandma Sheila's techie term smarts. Perhaps you'd like to take the test yourself and see of you need to bone up on a few terms. Or ... perhaps you can perform the skills but you don't really know the lingo for what you might have learned the old fashioned way-by rote!

1. How do you find the flashlight on your phone?
A. Swipe across the top of the screen
B. Swipe across the bottom of the screen
C. Tap 3 times
2) What is Safari?
A. a browser
B. a search engine
C. a phone
D. a laptop
3) What is the assistant on your phone called?
A. Google
B. Siri C. Cortana
D. Apple
4) What is Alexa?
A. a stalker
B. a virtual assistant
C. a computer
D. a browser
5) Define the following terms.

Vine
Selfie
Browser
Facebook
App
URL
Ad
Meme (and how do you pronounce it?)
6) How to find Siri? (Check all that apply)
( ) Press the home button
( ) Press and hold the home button
( ) Say "Hey Siri"
( ) Tap 3 times
7) What is Apple?
A. a company
B. a pear
C. a phone
D. a browser
8) True or False
( ) Siri can open an app.
( ) To turn your phone completely off, hold down the off button.
( ) To take a screenshot press the off and volume buttons.
( ) To take a screen recording, press the volume and home button.
9) What is YouTube?
10) Circle all the things you can do
A. Take a screenshot
B. Take a screen recording
C. Use Siri
D. Download an app.
E. Make a note
F. Make a reminder
E. Edit a photo

## Author's Prelude for As Refugees

Over the past few years. I've been impacted by the vast problematic plight of the world's immigrants and refugees. The long serpentine marches of exile for men, women, elderly and children are chilling to see, but I remember that there have always been refugees. But there have always been refugees, such as the Israelites making their Exodus, and countless marginalzed ethnic groups trying to find safety from tyrannical rulers, political regimes, destructive wars, natural disasters and famines through the centuries.

Today's refugees come from the worst of circumstances, travel in terrible conditions to arrive at foreign borders
and then endure perilous crossings and familial separations. Much of this trauma becomes inter-generational, chronic and complex for the mind, body and spirit and is hard to heal in the alien surroundings. But the human spirit finds ways to survive such hardships.
"Selah" is a Hebrew word found in the Psalms that means a break/rest (often in song) that is meant for comfort and peace. This poem, "As Refugees," carries my empathy and visceral response and reminds me to be mindful and prayerful for them and to take action where and when I can.
-Anne W. Lee

## As Refugees

Anne W. Lee

## We hang our harps upon the willows

where we sit down and weep.
Hands now limp at our sides plucking only at the rend of garments. Travels too long for the searing daylight but rest too fearful of the charred crow's night.

## Selah

we whisper over the other's sagging shoulders.
Hope barely rumbles in our pockets.
Where are the songs of ancestors and babies we hold that force just one more step in the serpent's line?

The willow branches whip in the wind
 against our backs as masters who revile us. Prayers and laws smell of old poultice thrust into our nation's gaping wounds.

## Selah

falls into the dust behind our feet.
We point our talismans at the horizon.

As a child reading and writing were always my tickets to another space-a safe and happy place. My first writings were about love, dreams, and a growing awareness of the wonders and puzzles of life. In adolescence, my writing resembled my face. It was spotty, and I was hidden in plain sight. My school writing served societal conditioning, and sometimes the ego of a frustrated mutant teacher whose goal seemed to be to immortalize his thoughts and opinions upon the fresh young minds in his class with our written work serving as his weekly tribute. Many teachers were close to retirement and their pedagogical flame and energy levels had diminished to one word, one thought and one way to write about any topic. Rather than nurturing talent, encouraging expression and creating lifelong couraging expression and creating lifelong senses and a daily challenge to stay awake or even attend class.

Joy at the end of my teenage years came more from reading than writing. F. Scott Fitzgerald and Hemingway combined to put me out of my scholastic misery. I wrote one paragraph that I think they would have been proud of, but then like the soldiers in my story I came to but then like the soldiers in my story I came to A pale imitation of original authors voices, minds, and souls. I realized others could inspire, instruct and influence me but then I must say adieu if I am to live rather than exist. My epic one paragraph failure forced me to reflect and understand that we are all born unique. Life's purpose is not to copy but rather to continue the human journey by collaboration with my fellow travelers and by the individual contributions we each make to our world. This realization scared me. Now my vistas were infinite and freed from the selfimposed ties that had bound me, I leapt over my writer's block to the page in front of me. Adulthood here I come.


A writer every day they say but work, bills, family, and responsibilities often times confined my words to my conscious mind and unconscious dreams. The needs of my three young blessings on legs seemed in conflict with the words that I fleetingly owned. Feeling defeated and exhausted by inner conflict and outer demands on my time I realized that it didn't have to be one or the other. That acceptance led to tangible words emanating for the first time from all of the adult me. I don't analyze my new attitude nor castigate myself for taking so long to arrive at a win-win solution as I think that would be like riding a bike and thinking, "How is it possible that I can balance like this?" I have already spent a fortune in nonrefundable time, and my hard-earned maturity advises against avoidable wobbles. I heed that wisdom.

My name is immaterial. I am you, and you are me. We write because we have to. Words give us clarity to our thoughts, hopes, and imagination. They connect us to ourselves and to each other in intangible, wondrous ways different from any other communication medium.

Sometimes the rich tones of your voice and the length and breadth of your talent intimidates me but only for a moment. Then I remember it's your voice and I'll be just fine if I stick to being me in life and on the page. This quick catch and release of my fears and insecurities allow me to be fully present and appreciative of you.

You may have wished for more of an introduction; names, places, sex, drama and a joke or two. I understand, but anything worthwhile takes a little time, and that's another breath, another moment, another page.
-Michael Savage


The CWC/SFV Meeting will be held on May 4 at 1 p.m. in the Katzenberg Room located at the Motion Picture and Television Fund 23388 Mulholland Drive

## Answers to the Grandma Tech Test on page 11.

1) $B$
2) $A$
3) $B$
4) $B$
5) Vine: a social media platform with short videos

Selfie: a photo taken of yourself using the front facing camera

Browser: A program used to navigate the web
Facebook: a social media platform to share news, photos, and many other things

App: an application, like a game or productive program that you can download

URL: the address of a website
Meme: an online joke, often in the form of a picture with text that people can create and share. (Pronounced: meem)
5) B and C
7) $A$.
8) True or False

True
True
False
False
9) A video-sharing website
10) Give yourself a point for each circled techie skill

If you're interested, total your points and do the math to figure out your score. Were you displeased? If you'd like to improve, consult with someone-spouse, relative, grandchild, BFF, who will patiently work with you. Or find a local Tech Geek.


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